

# Here is Where you can "Get in and Walk" in the Community:

## MALLS

- **West Acres, Fargo** (1-29 and 13th Avenue South)  
Open: Monday - Saturday : 7:00 a.m. to 9:00 p.m.  
Sunday : 9:00 a.m. to 6:00 p.m.  
(701) 282-2222
- **Moorhead Center Mall** (5th Street and Center Avenue)  
Open: Monday - Friday: 7:30 a.m. to 8:00 p.m.  
Saturday: 9:00 a.m. to 5:00 p.m.  
Sunday: 10:30 a.m. to 5:00 p.m.  
(218) 233-6117

## RECREATION CENTERS

- **Moorhead Sports Center** (324 24th Street South)  
Open: Monday – Friday: 5:00 a.m. to 9:00 p.m.  
Saturday: 8:00a.m to 8:00 p.m.  
Sunday: 10:00a.m. to 8:00 p.m.  
Weekend hours vary. Walking may be canceled during special events.  
(218) 299-5353 for recording of hours
- **Fargo South Sports Arena**  
(17th Avenue and 20th Street South)  
Open: Monday - Saturday: 7:00a.m. to 9:00 p.m.  
Sunday: 11:00 a.m. to 9:00 p.m.  
The arena is available for walking whenever the building is open. Hours may vary depending on activities. May call for weekly schedules.  
(701) 241-8153
- **Fargo North High Gym and Track**  
(17th Avenue North and 7th Street)  
Open: Monday-Friday: 6:30 a.m. to 9:00 p.m.  
Saturday: 12:00 p.m. to 4:00 p.m.  
Sunday 12:00 p.m. to 8:00 p.m.  
Hours vary depending on activities; holiday hours are posted on site.  
(701) 499-6060

- **West Fargo Veterans Arena** (1201 7th Avenue East)  
Open: Monday-Sunday: 7:00 a.m. to 10:00 p.m.  
Closed during scheduled events. Monthly calender available at site.  
(701) 433-5370

## COLLEGES

- **Concordia College/Olson Forum** (901 8<sup>th</sup> Street South)  
Open: Monday – Friday: 6:00 a.m. to 8:00 a.m.  
9:30 a.m. to 10:30 a.m.  
12:00 p.m. to 1:00 p.m.  
Closed during school breaks.  
(218) 299-4310

## OTHERS

- **Downtown Skyway** (Located in downtown Fargo)  
Open: Monday – Friday: 7:00 a.m. to 6:00 p.m.  
Saturday: 10:00 a.m. to 5:00 p.m.

### **Access Points:**

- Civic Center: corner of 4<sup>th</sup> Street and 2<sup>nd</sup> Ave N, go up to the 2<sup>nd</sup> floor
- By Firestone Tire: 4<sup>th</sup> Street between 2<sup>nd</sup> and 3<sup>rd</sup> Ave
- Radisson Hotel: 3<sup>rd</sup> floor, Skyway door
- US Bank: 2<sup>nd</sup> Ave between 5<sup>th</sup> and 6<sup>th</sup> Street
- Next to Metro Drug: 123 ½ Broadway
- Black Building: 118 Broadway

**Note:** Many of the indoor walking places mentioned in this brochure have seasonal hours and schedule around special events. Hours and changes are usually posted on site. If you are going to a facility for the first time it may be helpful to call first to verify the hours. Some local schools offer indoor walking to the public; contact your neighborhood school for available hours.

\*\*2,000 steps equals about one mile.



## 5 Ways to Get Your Steps in Every Day!

- 1) Park far away from your destination and walk.
- 2) Take the stairs instead of the elevator.
- 3) Pace the floor while talking on the phone.
- 4) Walk into the bank, coffee shop, or restaurant instead of using the drive-up window.
- 5) Use the restroom farthest away from you.



## Indoor Walking Locations in the Fargo-Moorhead Area

Walking outdoors can be difficult and uncomfortable when the temperature drops! Walking indoors is a great way to stay active.



Fargo Cass Public Health  
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